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THE MINE ON THE MOON

FROM PIE IN THE SKY TO REALITY? PAGE 6

The violinist and the NDP deputy leader

Both are part of Day 2 of CBC Future 40 reveals PAGE 4

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Can $100K help solve 2010 triple murder?

Htoo family.
Investigation into death of couple and young son getting payment from Criminal Property Forfeiture Fund

The Regina Police Service is putting a one-time cash payment from the provincial government toward trying to solve a triple murder.

Chief Troy Hagen announced on Monday that $100,000 will be dedicated to the investigation into a triple homicide nearly four years old.

On Aug. 6, 2010, a man, woman and child were found dead in a north Regina townhouse.

Police say the investigation into the deaths of Gray Nay Htoo, 31, Maw Maw Htoo, 28, and their son Seven June Htoo, 3, has been the biggest in the city's history, with 60 investigators having spent time on the file.

Hagen wouldn't give details on how the money will be spent.

"We still have a core group of six officers that have been applied full-time to the investigation," Hagen said.

"Depending on the nature of the investigation, whether surveillance or other techniques are applied, it all costs money."

The money is half of the provincial government's first payout under the Criminal Property Forfeiture Fund — a victims' fund has also received $100,000.

The Forfeiture Fund is a collection of money seized by police services in Saskatchewan during the past several years. The account has amassed $1.31 million since 2009, said Corrections and Policing Minister Christine Tell.

She said the Regina Police Service was the first to apply for funding through the program. The process took about 18 months.

"It's a very rigorous process and everybody needs to be held to account with moneys given to anybody," Tell said. THE CANADIAN PRESS/CJME

The program

$1.31M

Corrections and Policing Minister Christine Tell says the Forfeiture Fund — a collection of money seized by police services in Saskatchewan — has amassed $1.31 million since 2009.

AN UNAMICABLE SPLIT

Pro-Ukrainian activists shout slogans as they demonstrate during an EU foreign ministers meeting outside the EU Council in Brussels on Monday. British Foreign Secretary William Hague says he is confident that the European Union will ratchet up pressure on Russia over its role in the breakaway of Ukraine's Crimea region by imposing sanctions on people linked to the secession of the peninsula. The 28-nation EU condemned the Crimea referendum, which overwhelmingly backed a return to Russia, and the EU foreign ministers were assessing on Monday who to target for asset freezes and travel bans. More coverage, page 5. GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

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City fire investigators were at the building on Monday. They hope to take a closer look inside on Tuesday. ROSS ROMANIUK/METRO

Arson suspected in blaze

Ultimate Flooring.
Fire followed apparent break-in at industrial complex

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Investigators are eyeing arson as a possibility after a fire severely damaged an industrial complex in central Regina.

A flooring firm and eavestroughing company in adjoining premises sustained damage in the blaze that started on Monday before 3 a.m. on McAra Street, just south of Dewdney Avenue.

"We know it's suspicious," Gerard Kay, deputy chief of Regina Fire and Protective Services, told Metro of the blaze that gutted much of Ultimate Flooring's location.

"It would appear there was a break-in at the site, because there were various tools and equipment leading away from the back door."

No one was injured in the fire.

Quoted

"It would appear there was a break-in at the site, because there were various tools and equipment leading away from the back door."

Gerard Kay, deputy chief of Regina Fire and Protective Services

Dan Lamb, who owns the flooring firm, said he's been at that location for about six months trying to get his business off the ground.

The damage to the flooring company's space — and to the building's tin roof, which was crumpled by the fire — prevented investigators on Monday from taking a close look inside.

"It's too unstable," Kay said of the roof, which he noted appeared to be "hanging by a thread."

Heavy machinery, Kay said, will be used on Tuesday to pull broken sections apart.

Jason Breker, owner of the eavestroughing business, lauded the "very fast" work of the approximately 20 firefighters who responded to 911 calls about 2:45 a.m.

"The fire got up into the attic space and just rolled around in there. It was extremely hard to put out," Kay explained.

"They were at work for about three to four hours after they got the fire under control, just to put out the roof fire."

WITH FILES FROM THE CANADIAN PRESS/CJME

NDP urges province to axe the 'fat Lean'

The opposition New Democrats are pressing the province to scrap controversial health-care consulting contracts amid allegations that the government has spent $3,500 a day for the services of a Japanese expert.

NDP Leader Cam Broten said on Monday that his party's priority heading into this week's provincial budget announcement is pushing the government to cancel consulting contracts for its Lean program, which aims to improve service and cut costs in the health-care sector.

"I want to see an end to the fat Lean … contracts for out-of-country consultants," Broten said, claiming that the provincial government has spent $2,000 per flight for the Japanese expert to travel to and from Saskatchewan.

The Lean program has come under fire after it was revealed that the Saskatchewan Party government spent $40 million over four years on consultants' services.

Premier Brad Wall stressed that Lean has paid for itself through savings on hospital projects in Saskatoon and Moose Jaw.

Wall also scoffed at Broten's suggestion that health-care workers have been afraid to speak out against Lean.

"The very point of this (Lean) is to empower front-line workers," Wall said, adding that the government is open to hearing the concerns of employees.

"We have a lot of people saying this is effective and it is working." MARCO VIGLIOTTI/METRO, WITH FILES FROM THE CANADIAN PRESS

RCMP

Death in Raymore a homicide: Police

RCMP are probing a death in the town of Raymore, Sask., as a homicide.

An autopsy has determined that 27-year-old Shauna Maureen Welch did not die of natural causes, Mounties said on Monday.

Welch, of Moose Jaw, was found dead at a home on the 1000 block of 4th Avenue in Raymore on March 10 by officers and emergency medical personnel responding to a call about an unresponsive person. METRO

Premiers honoured

Sask. changes how buildings, geographic features named

Saskatchewan is bringing in changes that would see every former premier honoured with their name on a government building or geographic feature.

The changes have been recommended by former lieutenant-governor Gordon Barnhart, who looked at ways to ensure names are chosen in a consistent and fair way.

THE CANADIAN PRESS

Farmers

Ottawa pushed to toughen grain-handling legislation

Saskatchewan and Alberta are calling for tougher federal laws for the grain transportation system after a bottleneck that has left crops sitting in bins across the Prairies.

An emergency order earlier this month from the federal government set minimum targets for railways of 11,000 cars a week and fines of up to $100,000 per day for failing to meet those targets.

But Saskatchewan says upcoming federal legislation should set a minimum of 13,000 grain cars per week and bump up the penalty to $250,000 per day.

Saskatchewan and Alberta both say money collected should benefit the farmers instead of landing in the federal coffers.

THE CANADIAN PRESS

Alberta. Associate minister resigns, leaving Tory caucus

Alberta Premier Alison Redford
THE CANADIAN PRESS

An associate minister in Alberta Premier Alison Redford's cabinet resigned her post and left the Tory caucus Monday as unrest continued to roil on government benches.

Donna Kennedy-Glans, member of the legislature for Calgary Varsity, cited the inability to create change from within the party and a culture of entitlement as reasons for her departure.

But she did not criticize Redford by name.

"This is not just about leadership," Kennedy-Glans told reporters in Calgary. "This is about how our party functions and whether change from within is possible.

"We've had conversations about the premier's leadership for months now. I am just one person. I have to make my choices. I'm not here to bring down anyone.''

Kennedy-Glans was the associate minister for electricity and renewable energy. She will sit as an Independent. THE CANADIAN PRESS

Documents. Military rejected Canada Day Afghanistan tribute

Military planners have treaded delicately on how best to remind the country of the sacrifices of Canadian Forces members in Afghanistan, raising concerns about potential political and public sensitivities, newly released documents show.

That led military brass to ultimately recommend abandoning plans for a noon-time ceremony on Parliament Hill this coming Canada Day that would have commemorated the mission.

Inside the Defence Department, preparations are under way for a series of war commemorations aimed at making sure Canadians never forget the 12 years that their military personnel spent in the war-ravaged country, where 158 of them died.

Documents obtained by the Liberal party under the Access to Information Act show that "Operation Distinction" — a campaign mandated by Prime Minister Stephen Harper — is proposing a series of high-profile events in the coming years to help celebrate Canada's 150th birthday in 2017.

THE CANADIAN PRESS

NYC mayor skips St. Pat's parade amid tension over gays

Parade organizers. They've said gay groups are not prohibited from marching, but can't carry signs

In this Friday, March 17, 2006 file photo, members of the Irish-American gay community protest on Fifth Avenue the exclusion of gay expression from the annual St. Patrick's Day Parade in New York. DIMA GAVRYSH/THE ASSOCIATED PRESS

New York City's St. Patrick's Day parade stepped off Monday without Mayor Bill de Blasio marching along with the crowds of kilted Irish-Americans and bagpipers amid a dispute over whether participants can carry pro-gay signs.

The world's largest parade celebrating Irish heritage set off down Fifth Avenue on a cold and grey morning, the culmination of a weekend of St. Patrick's Day revelry.

De Blasio held the traditional St. Patrick's Day breakfast at Gracie Mansion with the Irish prime minister, Enda Kenny, but was boycotting the parade, which doesn't allow expressions of gay identity. Boston's new mayor, Martin Walsh, also opted out of that city's parade Sunday after talks broke down that would have allowed a gay veterans group to march.

Guinness beer abruptly dropped its sponsorship of New York's parade on Sunday over the controversy. The Dublin-based company has pulled sponsorship assets, including on-air presence, parade participation and any promotional materials that weren't already printed, although the beer maker had already made a payment to parade organizers, spokeswoman Alix Dunn said.

Other beer companies earlier joined the boycotts, with Sam Adams withdrawing its sponsorship of Boston's parade and Heineken following suit in New York. That leaves Ford as the last remaining major sponsor of the Manhattan parade.

Parade organizers in New York have said gay groups are not prohibited from marching, but they are not allowed to carry gay-friendly signs or identify themselves as LGBT.

For the second year running, Dublin's major parade was including groups from Ireland's gay-rights groups, Dublin Pride and BeLonG To. Gay groups are a big part of the Dublin community dance groups, which wear flamboyant outfits and feature in each year's Dublin parade.

While New York's Irish people, their descendants and the Irish-for-a-day planned to revel in the celebration of culture on Monday, de Blasio's decision to skip the parade underscores lingering political tensions over gay-rights issues in the United States. Kenny, however, refused to be sidelined, saying he'd join the procession Monday in Manhattan because the holiday is about Irishness, not sexuality. THE ASSOCIATED PRESS

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JACOB MORGAN/METRO IN SASKATOON
WITH FILES FROM CBC

1 Name: Katrina German
Age: 35
Category: Business and entrepreneurship

Katrina German is a social entrepreneur with a mission to make the world a better place through the power of story. As co-founder and CEO of the rising startup, OneStory.com, she's become a strong female role model in the province and beyond. Over this past year, Katrina has had the opportunity to present at numerous international conferences and local classrooms. She is a strong believer that startups from Saskatchewan don't have to leave the province to be successful, and has been speaking and volunteering to help make this possible.

2 Name: Marty Seymour
Age: 38
Category: Community leadership

Marty is the CEO at Canadian Western Agribition (CWA), a world-class trade, education and entertainment attraction. Since Marty joined CWA in 2011, the event has seen tremendous growth. Through Marty's hard work and communication skills, Agribition now boasts more than 127,000 visitors and brings in approximately $30,000 to the city of Regina each year. He is also dedicated to community and culture. Under Marty's leadership, the show introduced the Indigenous Agriculture Summit and has made donations to STARS Air Ambulance and the Ronald McDonald House in Saskatoon. CWA was voted Saskatchewan Tourism's event of the year in 2012.

3 Name: Simon Bird
Age: 35
Category: Politics

Simon is vice-chief at the Federation of Saskatchewan Indian Nations. He graduated from the Indian Teacher Education Program at the University of Saskatchewan in 2003 and has continued his education on a part-time basis. In 2011, Simon earned his master's of education administration and is working on a second master's degree in northern governance and development. Simon believes in being a role model for others, particularly young people, by living a life of sobriety and putting family first. He is a member of Peter Ballantyne Cree Nation and proud to be a fluent Cree language speaker.

4 Name: Oxana Ossiptchouk
Age: 38
Category: Arts

Oxana is a Ukrainian violinist educated in Russia. She won several prestigious competitions before arriving in Canada in 2000 with her violin, one suitcase and "no English." She went on to secure positions with groups including the Regina symphony orchestra. Since 2008, Oxana has performed as the principal second violinist with the Saskatoon Symphony Orchestra. In 2010, Oxana set out to achieve her dream of building a space to provide an artistic environment for Saskatoon children. She is now the owner and operator of the Saskatoon Conservatory of Music and Arts, which serves more than 100 students.

5 Name: Angela Gardiner
Age: 36
Category: Business and leadership

Angela, a mother of three, is the first female director of transportation for the City of Saskatoon. She is leading the direction for transportation planning in one of the fastest-growing cities in Canada, and serving as a mentor to young female engineers in a male-dominated industry. In addition, Angela is a respected member of the city's senior management team and was appointed co-chair of the Growing Forward, Shaping Saskatoon initiative. She also sits on the Chief Engineers' Council for the Transportation Association of Canada.

6 Name: Jacqueline Cook
Age: 24
Category: Business and entrepreneurship

Jacqueline is passionate about building a thriving and sustainable business community in Saskatchewan. She currently works in developing strategic partnerships with VendAsta Technologies, a thriving new company in Saskatoon. Previously, Jacqueline attended Canada's premier Next 36 entrepreneurial institute. Her list of accomplishments also includes representing Canada at the G8 and G20 summits in Toronto and the APEC summit in Japan. As a founding director of the nonprofit group, Recess Guardians, and a board member of Care and Share Saskatoon, Jacqueline has demonstrated her commitment to giving back.

7 Name: Trent Wotherspoon
Age: 34
Category: Politics

Trent has accomplished a lot at a young age. He was elected as an MLA in Regina Rosemont more than six years ago while still in his 20s. In 2013, he ran for leadership of the Saskatchewan NDP and now holds the position of deputy leader and finance critic. Prior to being an MLA, Trent worked as a teacher and helped set up programs for at-risk youth. He is an active member of his community, donating time and energy to many worthwhile causes.

8 Name: Nicole Sarauer
Age: 27
Category: Community leadership

Nicole is a young lawyer who has chosen to dedicate her professional experience to helping others. Working at Pro Bono Law Saskatchewan, Nicole uses her advocacy skills to assist clients who don't qualify for legal aid and cannot afford a lawyer. Nicole has also entered into the political ring by successfully campaigning for one of Regina's Catholic School Board positions. Both professionally and as a community member, Nicole is active and engaged in Regina, providing vital community leadership.

9 Name: Dan Robinson
Age: 29
Category: Business and entrepreneurship

Dan and Chad Fischl founded Shutout Solutions Inc. after completing their bachelor of commerce degrees at the University of Saskatchewan. The young entrepreneurs received inspiration for their business idea from an assignment in their fourth year entrepreneurial class. Shutout Solutions Inc. manufactures and supplies the mining, oil and gas industries with industrial detergents, sanitation sprays, degreasers and fabric fresheners. The company also serves hotels and resorts. Their products are made from ingredients that are USDA-certified organic and can also help treat and prevent skin problems.

10 Name: Chad Fischl
Age: 30
Category: Business and entrepreneurship

Chad founded Shutout Solutions Inc. with his friend and business partner, Dan Robinson.
Since their teenage years, Chad and Dan knew they wanted to be entrepreneurs and build their own business.
The young entrepreneurs are supporters of charitable work and have donated a portion of their online sales to four different charities. Each one has a mission to replace disease-causing chemicals with natural ingredients. Chad and Dan love being entrepreneurs because they "can forge our own path through an uncut forest and not walk in an existing path."

West hits Russia with sanctions after Crimea vote

Tensions rising. Ukraine's president activates thousands of military reservists as Russian troops mass near its border

Russian President Vladimir Putin recognized Crimea as a "sovereign and independent country" Monday, just hours after the strategic Black Sea peninsula declared it had broken away from Ukraine.

The moves triggered the toughest Western sanctions against Russia since the Cold War — with Washington and the European Union retaliating with asset freezes and travel bans and U.S. President Barack Obama vowing to "increase the cost" if the Kremlin does not back down.

U.S. President Barack Obama
THE ASSOCIATED PRESS

Ukraine's turmoil has become Europe's most severe security crisis in years and tensions have been high since Russian troops seized control of Crimea, which decided in a Sunday referendum to merge with Russia. Putin signed a decree recognizing Crimea's independence, and Russian troops were massed near the border with eastern Ukraine.

Ukraine's acting president raised tensions on the ground by calling for the activation of some 20,000 military reservists and volunteers and for the mobilization of another 20,000 in the national guard.

The U.S., EU and Ukraine's new government do not recognize the referendum held Sunday in Crimea. In addition to calling the vote itself illegal, the Obama administration said there were "massive anomalies" in balloting.

THE ASSOCIATED PRESS

A Ukrainian soldier adjusts his balaclava as he guards a military camp near Michurino, Ukraine, Monday. Acting president Olexandr Turchynov on Monday described Sunday's Crimean poll as a farce that would "never be recognized by Ukraine and the civilized world." SERGEI GRITS/THE ASSOCIATED PRESS

What's next?

- A delegation of Crimean lawmakers was set to travel to Moscow on Monday for negotiations on how to proceed. Russian lawmakers have suggested that formally annexing Crimea is almost certain.
- The Crimean referendum could encourage rising pro-Russian sentiment in Ukraine's east and lead to further divisions in the nation of 46 million.
- In Kyiv, acting president Oleksandr Turchynov vowed that Ukraine will not give up Crimea.

The view from home

Harper: 'We must keep the pressure on' Russia

Prime Minister Stephen Harper says Canada will impose more sanctions on Russia as a result of Sunday's vote in Crimea to secede from Ukraine.

Harper said Monday that the result of the so-called referendum is illegitimate and was conducted under an illegal occupation.

Harper said his government will be announcing more economic sanctions and travel restrictions on "senior people" in Russia and Ukraine, and "in Crimea specifically."

"It's my strong belief we must keep the pressure on and we must continue to maintain sanctions and maintain putting in place strong steps to dissuade this behaviour," Harper said. "What the Putin regime has done cannot be tolerated and can never be accepted."

THE CANADIAN PRESS

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COURTESY NASA

Moon mining: The 21st century gold rush

What's up there

- H2O. Used for drinking and, when separated into hydrogen and oxygen with a little electricity, as rocket fuel.
- Rare earth minerals — platinum, rhodium, gold. Not just bling, platinum group metals are used as catalysts in solar panels. Right now their cost is one of the barriers to making cheap solar cells.
- Helium-3. A potential radiation-free fuel for nuclear energy production.

Building an economy in space. Many elements that are rare on Earth can be found aplenty on the moon

STEPHANIE ORFORD
For Metro in Vancouver

Five years ago, if you had brought up moon mining among geologists, "you would have been laughed out of the room," said Gordon Osinski, founder and director of the Canadian Lunar Research Network, and an assistant professor of geology at the University of Western Ontario.

Times have changed. Mining on the moon and on asteroids, formerly the stuff of science fiction, is clearly in the sights of governments and, increasingly, private companies.

In February, NASA announced it was accepting applications from U.S. companies to build robots for lunar prospecting, a step toward creating an economy in space.

And there's certainly a market for what's up there. Many elements that are rare on Earth can be found aplenty on the moon. Satellite imaging has shown that the top 10 centimetres of regolith (moon soil) at the south pole of the moon appears to hold about 100 times the concentration of gold of the richest mines in the world, according to a recent paper co-authored by Dale Boucher, the CEO of Deltion Innovations, based in Sudbury, Ont.

"There is a business case now for mining (on the moon) as an economic activity," said Boucher.

So why was the idea laughable five years ago? Getting off this planet is a herculean challenge, technically and economically. "Some of the present estimates are that a one-litre bottle of water soft-landed on the moon would cost about a quarter of a million dollars," said Boucher.

But companies are working quickly to reduce that cost. Companies like SpaceX, which streamlines the production and usage of its space vehicles to make them economically viable, are showing that private businesses can get into space more cheaply and efficiently than countries can.

Once you've landed on the moon, you're confronted with more challenges. The ground temperature is -200 C, there's no atmosphere and solar radiation can damage equipment.

Not all the difficulties are technical, however. If lunar resource extraction becomes an international activity, there may be conflict over who owns those riches.

In 1967, two years before the first humans landed on the moon, the United Nations created the Outer Space Treaty, but that agreement was vague on resource extraction.

"Those policy and legal issues are going to be as challenging as the engineering," said Osinski.

Despite its challenges, he anticipates that mining on the moon and asteroids will become a reality in 10 to 20 years.

"I think it is a question of when, not if."

However, the Canadian Space Agency has no plans for large-scale extraterrestrial resource extraction, says Osinski.

Mission: 2018

Canada at a crossroads

Moon and asteroid mining is an opportunity Canada cannot afford to miss out on, according to Dale Boucher, CEO of Deltion Innovations.

Boucher's Sudbury, Ont.-based company has developed a drill for extraterrestrial prospecting. In March 2012, NASA invited the Canadian Space Agency to provide Deltion's drill system and a rover vehicle for a proposed lunar prospecting mission in 2018.

The Canadian government must now decide whether to fund this.

The mission would research in-situ resource utilization — small-scale extraction and refining of resources that are used on the spot. These technologies, including Deltion's drill, could be adapted to larger-scale operations.

The 2018 prospecting mission would sample the south pole of the moon for water ice, and would be the first-ever mission to the moon that would have a "mining flavour," said Boucher. Water is an important first step, he explained. When split into oxygen and hydrogen, it's a fuel that can be used to power further exploration.

"Canada is at a crossroads right now and the next few months will be very telling."

Testing of Deltion's DESTIN drill in frozen lunar simulant. CONTRIBUTED

Nuclear energy

He-3

Helium power

Over billions of years, solar winds have embedded helium-3 into the top 10 centimetres of the moon's soil. Researchers believe helium-3, which is scarce on Earth, may be the key to fueling sustained, large-scale nuclear fusion reactions that could power cities. Nuclear fusion, the fusing of atoms, is different from current nuclear power plants, which run by nuclear fission, the splitting of atoms. Existing plants split radioactive isotopes of uranium, producing hazardous waste. Not a problem with helium-3, as it is not radioactive.

If reactors get past the research stage, helium-3 could provide the first-ever fuel for nuclear-energy production that doesn't pose a risk of radiation.

Q&A

Changing the mass of the moon

Gordon Osinski is the founder and director of the Canadian Lunar Research Network and an assistant professor of geology at the University of Western Ontario.

Osinski

If we change the mass of the moon by extracting all these resources, will this affect our tides or have other gravitational effects?

It would have to be a huge fraction of the entire mass of the moon that you'd have to remove. A big part of my research studies meteorite impact craters and there are giant holes in the moon from asteroids and comets hitting it. None of those impact events have had an effect on the moon's rotation.

Could mining change the way we see the moon from Earth?

You'd have to do it on such a large scale to ever be able to see it from the earth.... Maybe in 1,000 years time it'll be a discussion point.

Why stop at mining?

According to Osinski and Boucher, the moon could also be home to:

Rocket fuelling stations

Stations that extract water could split H_2O to produce oxygen and hydrogen, fuel for missions venturing farther out into space.

Long-range telescopes

The darkness on the far side of the moon would allow telescopes to see even deeper into the universe than the Hubble.

Advertising opportunities

If astronaut Chris Hadfield can tweet a picture of himself from space, more extraterrestrial product placement is likely on the horizon.

Space hotels

"To me, one of the most iconic images ... is just that image of Earth from the moon," said Osinski. "I think people would probably just pay for that."

Will the real creator of Bitcoin please stand up?

We're gonna have a problem here. Dorian Satoshi Nakamoto says he's not the face behind the cybercurrency

Dorian Satoshi Nakamoto denied being behind Bitcoin in an interview with The Associated Press. THE ASSOCIATED PRESS FILE

The man Newsweek claimed is the creator of Bitcoin has hired a lawyer in an attempt to clear his name, repeating a denial he made to The Associated Press more than a week ago that he has never had anything to do with the digital currency.

In a statement issued by his lawyer, Ethan Kirschner, Dorian Satoshi Nakamoto, 64, said Monday that he "did not create, invent or otherwise work on" Bitcoin. In the magazine's return to print this month after more than a year, Newsweek's cover story declared Nakamoto to be the "face behind Bitcoin."

Despite the repeated denials, the magazine has stood behind the story.

Newsweek developed its thesis on the creator's identity by matching Nakamoto's name, educational history, career, political views and writing style to the alleged creator of Bitcoin, who has been known only as "Satoshi Nakamoto." Many believe the name to be a pseudonym.

THE ASSOCIATED PRESS

Smells like a whiskey war

In this May 2009 file photo, Jeff Arnett, the master distiller at the Jack Daniel Distillery in Lynchburg, Tenn., tests the aroma of whiskey. Jack Daniel's is fighting efforts in the state legislature to dial back the legal definition of Tennessee whiskey, a definition that resembles almost to the letter the process used to make Jack Daniel's. State lawmakers say the requirements make it too difficult for craft distilleries to market their spirits as Tennessee whiskey, a distinctive and popular draw in the booming American liquor business. MARK HUMPHREY/THE ASSOCIATED PRESS

Montreal

Bombardier among winners of S. Africa locomotive contract

Bombardier Inc. is one of four companies picked to supply a total of 1,064 locomotives to South Africa's state-owned freight rail system.

Transnet Freight Rail says the total contract is worth 50 billion rand, or about $5.16 billion.

Bombardier's announcement didn't disclose how much its share of the contract is worth but a spokesman said the company will supply 240 electric locomotives.

In total, Transnet said it's buying 599 electric locomotives from Bombardier and CSR Zhuzhou Electric and 465 diesel engines will be supplied by General Electric and CNR Rolling Stock. THE CANADIAN PRESS

Market Minute

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BAN 'BOSSY' OR BE THE BOSS?

SHE SAYS

Jessica Napier
metronews.ca

Earlier this month, Facebook COO Sheryl Sandberg launched a high-profile public service initiative to ban the word 'bossy' from our collective vocabularies. She argues that the contentious five-letter word quashes young girls' self-esteem and discourages them from pursuing leadership roles.

Bossy might seem like a relatively innocuous adjective, but think for a moment about how often you've heard a male executive described in this manner. Like catty, bitchy and hysterical, bossy is a loaded expression that is uniquely gendered in its application. Whether you're chastising a difficult child or whining about an argumentative manager, bossy is most-often used to describe female behaviour and it's usually employed in a derogatory way.

The pejorative put-down — which brings to mind shrill nagging rather than competent management strategies — has a real impact on the way women in managerial positions are viewed by others. Aggressive people get the job done; bossy people just make a lot of noise.

Plenty of prominent female celebrities are getting on board the #BanBossy bandwagon — including Diane von Furstenberg, Jennifer Garner and Beyoncé, who all appear in a YouTube video as part of the campaign. As usual, Queen Bey's words are the most resonant: "I'm not bossy," she proclaims, "I'm the boss." Bow down, indeed.

While policing everyday language is a seemingly impossible task, it's important to create awareness about how certain words are used to reinforce negative stereotypes about women in leadership positions. Rather than labelling outspoken women as bossy, we should be encouraging them to raise their hands, give direction, voice their ambitions and take on commanding roles. But before we attempt to embargo bossy forever, let's take a moment to remember some of the best examples of women who made bossy look good.

Tina Fey, whose bestselling autobiography Bossypants — which chronicles her rise to fame in the male-dominated world of comedy — is both laugh-out-loud funny and incredibly inspiring. Amusingly, Amazon lists Fey's book alongside Sandberg's book Lean In as items that are frequently bought together.

The anonymous individual behind Urban Dictionary's top definition for the word bossy sums it up well. The streetwise submission reads as follows: "Describes a girl who is the alpha-female or the queen bee. She is gettin paid, stayin fly, and is the leader of her crew. Respected by all; loved by some." With over 500 'up' votes, this is certainly a description that many of us can get behind.

Little Miss Bossy: the iconic big-mouthed, blue character from the popular children's books by Roger Hargreaves stays true to her name. Little Miss Bossy was the first female character to be introduced in the beloved Mr Men & Little Miss series, staying true to her assertive personality.

American R&B singer Kelis, who reminds us on her catchy 2006 power anthem Bossy, that she was the one who brought all the boys to the yard. Years later the song was featured on an episode of 30 Rock, the award-winning sitcom created by and starring Tina (Bossypants) Fey.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Reviving ancient history

AMR NABIL/THE ASSOCIATED PRESS

Museum opening near pyramids

Egyptian conservators clean a female mummy dated to Pharaonic late period, (712-323 BC), in the conservation centre of Egypt's Grand museum under construction, just outside Cairo, on Monday. Egypt's antiquities minister says construction has begun on the main hall of a massive new museum by the pyramids, the final phase of a complex that's intended to house 100,000 ancient artifacts including King Tutankhamun's mummy.

THE ASSOCIATED PRESS

A conservator cleans a piece of limestone. THE ASSOCIATED PRESS

Tourism suffering after years of turmoil

Authorities are seeking to revive Egypt's battered tourism industry after three years of turmoil. The Grand Egyptian Museum was supposed to open in 2012.

THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

In glorious news for Beatles nuts and guitar wonks, the excellent Guitar Collection: George Harrison has dropped from its initial price of $10 to a virtually free tag of $0.99. Spearheaded by Harrison's son, Dhani, the mobile app provides fans with an up-close look at the Beatle's fearsome guitar arsenal with a fully interactive photo gallery of Rickenbackers, Strats and ukuleles that would alone be worth the cost of entry to some.

George Harrison
GETTY IMAGES

But the real treasure lies in audio clips Dhani recorded before George's death, where the father tells the son about his favourite instruments, the stories behind them and the songs they graced — and it truly feels like you're sitting in the room with the pair, listening in.

Toss in a generous helping of Beatles lore and performance videos (including sessions featuring Dhani playing with Conan O'Brien, Ben Harper and others) and you have some of the best bang for a literal buck available on the App Store.

Twitter

@metropicks asked: By 2025 the Internet will flow in our lives like electricity, experts say. How do you imagine it in 2025?

@Canucklehead_ca: 90% 'which breed of cat are you' quizzes. That being said, unless you get a screen name soon you are likely out of luck.

@MomAndDadFight: in 2025 we've done away with names. Everyone is named Steven. Me and my cousin Steven are going to see Steven at the Stevenplex

Follow @metropicks and take part in our daily poll.

Comments

RE: Scared Of The 9-to-5 Grind? You Will Be After Watching This Film, published March 14

Looks very interesting! Personally I feel very similar when I commute to work every day. I see everyone with their faces planted on their devices. Nobody talks anymore, it's all texting! I went to a sushi restaurant the other day and saw five guys sitting in a booth. Every one of them glued to their phones and not conversing with each other. Just glaring and texting. It's a mad world we live in!!

Supair Mario posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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DVD review

American Hustle

Director. David O. Russell

Stars. Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence

American Hustle is a dance you want to join and a party invitation you want to take up.

"Some of this actually happened," the title card reads, referring to the parts of this shaggy dog narrative that ricochet off the real con game of the late 1970s and early 1980s, known as Abscam, when FBI agents posed as Arab sheiks to sucker and collar a passel of corrupt politicians.

Directed by David O. Russell, it stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence as scammers and flim-flammers on either side of the law, all comporting themselves as if they wandered off the set of Saturday Night Fever.

Indeed, the ladies flash so much boobage in their permanently NSFW attire, it's almost as if they want to be ready in case a mirror ball suddenly starts flashing and the needle drops on a disc spinning Disco Inferno — although the more appropriate tune for this film might be Do the Hustle.

Extras include deleted and extended scenes and a making-of featurette.

PETER HOWELL

Nymphomaniac exposes surprising side of Slater

Revealing role. Keeping his clothes on puts fading star back in the spotlight

MATT PRIGGE
Metro World News in New York

Christian Slater liked working with Lars Von Trier, calling the director 'very gentle'. DAN STEINBERG/THE ASSOCIATED PRESS

No, Christian Slater wasn't reluctant to do Lars Von Trier's sex movie Nymphomaniac. "My fiancée was concerned," he says, "because she's not an actress and not remotely interested or involved in this profession. She's never dated an actor before, so to hear of the project raised some red flags for her."

Then again, Slater was one of the few in the cast who didn't have to do the naughty stuff. He plays the father of the lead character, Joe (Charlotte Gainsbourg as an adult and Stacy Martin as a teen, young adult), a sex addict who relates a history of banging to a stranger (Stellan Skarsgaard). Slater keeps his clothes on, save some hospital gown malfunctions late in.

He still had reason to be scared. Von Trier has a reputation as an intimidating monster, one he himself has cultivated and fed to a hungry press. But despite Björk vowing never to act again after his Dancer in the Dark and Nicole Kidman running away from the sequel to Dogville, most actors have nothing but kind words for him. (Kidman has even said she'd work with him again.) Slater is no different.

"I found him to be very gentle and wonderful," he says. "The scenes that I had to do were very gentle scenes. We shot some of it in his backyard. We used the area of forest he used to play in when he was a kid. I think he felt very sentimental about it."

Slater's material is atypically earnest and warm for Von Trier, and they add an important texture to a film that's alternately comic and unpleasant. "I'm very happy that those scenes are in there. The movie needs that sensitive softer side. You need to understand that this girl did have some kind of deep, intense emotional background."

Slater shot his footage over four months, coming in and out of a production that was much more wild when he wasn't there. "I would hear about these stories about what they shot, the sexuality, the prosthetic that Shia (LaBeouf) had to wear — these crazy insane stories," he recalls. "But what was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl."

For Slater, his Nymphomaniac performance is kind of a new big break. He first came to attention in films like Heathers, Pump Up the Volume and Young Guns II, usually playing smirking wiseacres who seemed to be doing Jack Nicholson impersonations. (In person he's more boyish and endearingly excitable.) His career has tapered off over the last 15 years — he's mostly seen in DTV fare these days — but his Nymphomaniac turn is both prominent and revelatory, revealing untapped maturity and kindness.

Not that he was completely aware of this at the time. "Quite honestly, I didn't know what we were doing," he says. "(Von Trier) gave me no clear-cut direction how to communicate any of this stuff. I was making it up as I went along. He allowed improv moments. I think the thing he was most concerned about was slowing down, taking my time and not rushing through it."

The whole experience was a kind of rebirth. "It was very unusual," he says. "I kind of had to re-train myself."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Wayne Knight

Good Knight, sweet prince … No, wait, he's alive!!

Former Seinfeld and Jurassic Park star Wayne Knight had to take to Twitter this weekend to reassure fans that reports of his death were greatly exaggerated. "Some of you will be glad to hear this, others strangely disappointed, but … I am alive and well," Knight wrote, responding to fake TMZ and Us Weekly posts claiming he'd died. "Does someone have to DIE to trend? Geez! Thanks for all the love, everybody. I didn't know you cared. Glad to be breathing!"

The Word

Statham's model girlfriend should tread Kerr-fully

Jason Statham better be careful, as girlfriend Rosie Huntington-Whiteley has reportedly been getting some frank advice from fellow Victoria's Secret model Miranda Kerr about the state of their relationship, according to Radar Online.

"Rosie and Jason have had many ups and downs in their relationship, but the supermodel has begun to lay down the law that if Jason doesn't start getting serious about getting married, she will leave him. But the ultimatum idea didn't come from Rosie herself but her close pal and mentor Miranda," a source says. "After Rosie and Jason have spent four years together, Miranda would like to see her get married. She only wants the best for her friend, so she's urging her to give Jason some tough love."

And apparently Kerr is more than happy to take credit for what happens next: "Miranda has been bragging to other friends in recent weeks that she is steering Rosie in the right direction by advising her to leave Jason if he doesn't propose before the summer," the source adds.

Lady Gaga ALL PHOTOS GETTY IMAGES

Lovato has the stomach to take on Gaga fans after pukey SXSW performance

Lady Gaga has received plenty of raised eyebrows for letting a performance artist vomit on her during a concert at SXSW last week, but some people were genuinely offended by the act, including Demi Lovato, who took to Twitter to criticize Gaga for glamourizing eating disorders. "Bottom line, it's not 'cool' or 'artsy' at all," Lovato tweeted. "Would you let someone bring a needle and shoot up on you? Addiction is addiction." Some fans immediately came to Gaga's defence, accusing Lovato of throwing shade, but she would not be deterred. "It's not 'shade' and it's not 'hate.' But someone has to come forward and say it and I'll take the heat for it," she wrote. "Putting the word 'art' in it isn't a free card to do whatever you want without consequences."

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"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Fish oils on the brain

Fish oils range in the health benefits that they may offer. ISTOCK

Supplements. Take the confusion out of shopping for these oils that may improve brain, heart and many other areas of overall health

DAVID SINGH
life@metronews.ca

Taking fish oil supplements can be confusing business. Visit the pharmacy aisle of any grocery store and you'll see why.

There are so many questions that can arise from this product. What are the benefits? Are there risks involved in taking it? Should you take salmon and fish oil, krill oil, or cod liver oil? After all, fish is fish, right?

What's the difference?

All fish oil supplements are not created equally, according to Sandra Edwards, a registered dietitian in Markham, Ont.

"There are different types of fish oil supplements, just like there are different types of fish available," Edwards said.

She says that cod liver and fish liver oil are sources of vitamin A and D, while other types like salmon oil and krill oil contain omega-3 fatty acids. It's important to make the distinction between the two, depending on your specific needs.

What is omega-3?

You may have heard the term omega-3 tossed around before, but what exactly is it?

"Omega-3's fatty acid play a role in the overall health of our heart and brain, but unlike diet or exercise you may not feel or notice a visible benefit," said Matthew Mayer, senior research specialist at the Heart and Stroke Foundation of Canada. "Regular consumption of omega-3s has been linked to reduced risk of some forms of cancer, improved heart rhythm function and reduced risk of heart diseases and stroke."

Food first

Great, now that that's cleared up, time to head to the pharmacy aisle, right? Not so fast.

The Heart and Stroke Foundation has no position on fish oil supplements. It recommends that Canadians speak to their physicians first. And Edwards agrees. "I would encourage people to get fish in their diet because there are many more benefits to eating fish rather than just the fish oil supplements," she said.

Aim for at least two servings of fatty fish per week. If you can't or don't like to eat fish then it's time to consider other options. That's where your physician's advice comes into play.

Risks to fish oil

Fish oil is not without risks. It can thin the blood, and research about supplements has yielded mixed results.

"More research is needed to understand if the same (omega-3) benefits can be derived from supplements," said Mayer. "It is still quite early, but some research has suggested not all omega-3 fatty acids are linked to improved health."

For your phone

Happy Camping (iPad, iPhone; $0.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

For your next outdoor adventure, publisher Random House has assembled six useful tools: a compass, flashlight, level, strobe, and some fun sound effects to help embellish your spooky campfire stories.

Be on the lookout

When buying fish oil supplements, always look for a natural product number (NPN) on the package. This ensures the product has been evaluated by Health Canada for quality, safety and effectiveness.

Bringing back your beach body

Getting back in shape should include certain supplements. ISTOCK

There's no denying that winter can wreak havoc on our diet and fitness routines. The Canadian Health Food Association (CHFA) has helpful suggestions to get your beach body back.

When considering weight-loss goals, the research consistently shows you should spend more energy — in the form of calories — than you consume. This can be achieved through diet and exercise, both of which will benefit and create better results especially when paired with certain supplements.

While a proper exercise regimen is essential to maintaining your lean body mass, adding a protein supplement to that regime helps maintain your muscle mass and therefore assists in the fat-loss process.

Protein is a vital macronutrient, essential for the transport of fuels to be burned for energy; it builds anti-bodies for your immune system, and helps muscles repair. Muscle repair and growth increases your resting metabolism, meaning that you burn more calories in every activity. Supplemental protein can also help because it has a high-satiety factor, meaning that it will leave you feeling fuller for longer. If you're vegan, try rice, hemp, or pea protein as a substitute for whey protein.

Studies show that maintaining healthy gut flora is also key to achieving your optimal size. Weight problems can potentially indicate an unhealthy digestive tract. Adding a probiotic to your regimen will help you shed pounds by maintaining a healthy digestive tract that is able to eliminate harmful bacteria, toxins and other waste products, helping to improve your digestive health.

Fibre is a nutrient that is lacking in many of our diets. The recommended daily intake is 25 to 30 mg per day, but some people are only getting a fraction of that. Fibre helps to keep you feeling fuller for longer. It's also an essential nutrient for digestive health. You can easily get the recommended amount of fibre by eating vegetables and whole grains. However, if you still have trouble getting the recommended intake, taking a daily supplement can be helpful. NEWS CANADA

Prevention and precision

LINDA CLARKE
Metro World News in New York City

When it comes to colorectal cancer — which comprises colon cancer and rectal cancer — not all tumors are created equal. The big news in colorectal cancer treatment is genetic sequencing: defining the biology of a tumor and tailoring targeted treatment, rather than going by the old "one pill fits all" application.

"Precision medicine is the buzzword," says Dr. Rona Yaeger, a colorectal cancer researcher for the American Cancer Society. "Already there are drugs in clinical trials that will come on the market soon for new targeted treatments that act on particular tumor types."

With precision medicine and improved surgery techniques, doctors are able to more accurately target tumors. The result is less treatment for colorectal cancer patients, who previously might have had to endure unnecessary radiation or chemotherapy.

"We're now understanding that we've been over-treating and we don't always need all that chemotherapy and radiation," explains Yaeger. "Radiation, in particular, is something we want to avoid if possible, especially in young people, because one of the possible side effects is infertility."

Generally, colorectal cancer is thought of as an older person's disease. Yaeger tells Metro that the average age of colorectal cancer patients is 70, but adds that the incidence of colon cancer is increasing in 25- to 50-year-olds.

"So far, the evidence is observational, but that's what we're seeing," she says. "The problem is that in younger people, colorectal cancer is more likely to be advanced. Young people do not seek treatment until they present with symptoms, such as bloody stool, or a change in bowel movement. With young people, it's beyond a polyp."

Polyps are pre-cancerous ruptures in the bowel wall that are found during colonoscopy exams and removed. Colonoscopies are an effective tool in preventing cancer.

Despite all the advances in treatment, prevention for anyone, particularly younger people, is still paramount. Two ways to slash your risk? You've heard them before: a healthy (high-fibre!) diet, and regular exercise.

A high-fibre diet and exercise help slash the risk of colorectal cancer. ISTOCK

Richard Crouse battled his colon cancer with a positive attitude. CONTRIBUTED

... and that's the bottom line

Colon Cancer Awareness Month.

Metro's movie critic shares his own story — and a vital message

RICHARD CROUSE
life@metronews.ca

There are a few phrases you never want to hear.

"Michael Bay is directing a remake of Casablanca" and, "It's not you, it's me" appear on the scroll of things that hurt my ears.

Top of the list, however, is, "We've found a tumor."

In mid-2013, I had a colonoscopy, a procedure so routine I thought I'd be in and out and on my way to my favourite sandwich shop by lunch. I'm a nonsmoker, moderate drinker and I watch my diet. I even eat kale — lots of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

Those four simple words went on to inform the next months of my life.

The doctor, squeezing my arm, saying, "I'm sorry," before walking away, didn't do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly skipped ahead, past denial, to anger. I was mad that a bullet shaped tumor in my colon — a dark spot that had grown quietly and insidiously inside me for the past few years — could possibly sideline all I had worked for.

The anger stage was quickly replaced by acceptance after long talks with the ever-rosy Andrea, my long-time girlfriend, and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying, "Screw you, cancer. You're not making the rules, I am." Optimistic maybe, but I firmly believe that a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I'm through the treatment now and the prognosis is good. It was a long journey — a trip down a dark and twisty road. I won't miss feeling like I'm living in someone else's body, waking up exhausted everyday or fearing the sinister tumor that was growing in me.

Today I'm confident that the surgery — I toyed with using the nickname Semi Colon Crouse in tribute to what was left of my insides, but better sense prevailed — more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

This is my story, but it's not my message.

I waited until after my treatment for my cancer coming out party because I didn't want pity. I didn't want to be viewed differently. I just want you to know that if this could happen to me, it could happen to you. March, being Colon Cancer Awareness Month, seemed like the time to share my story.

What I want now is for you to get tested.

Colonoscopy is a big word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours. Make an appointment today. Your colon and I will thank you.

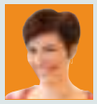
Just the facts

- The National Cancer Institute of Canada (NCIC) acknowledges colorectal cancer (CRC) as the third most common cancer and the second most common cause of death from cancer for both Canadian men and women.
- On average, 423 Canadians are diagnosed with CRC every week.
- One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it. One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- 175 Canadians, on average, die of this disease every week.
- Anyone 50 and up should be screened regardless of family history.

Where down south meets south of the border: Mac and Cheese Fajitas

Health Solutions

Have your steak and eat it, too



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Red meat gets a bad rap, but in small, reasonable amounts, it can serve up high amounts of immune-boosting zinc and muscle-building protein.

Any animal protein contains cholesterol and fat, so you want to keep it in check by choosing leaner cuts and making meat an ingredient rather than the whole dish.

Lean cuts include flank steak and tenderloin.

Here are some ideas to stretch your beef (and your budget!).

• Use steak in stir fries and bump up the veggie content.

• Use double the beans and half the meat in your chili recipe.

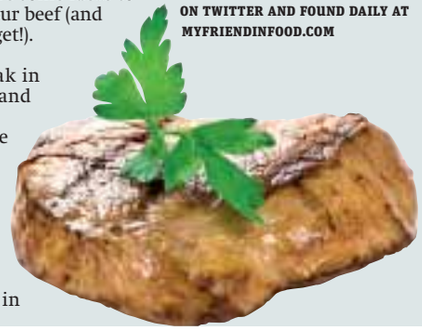
• Add ground oats and cooked spinach to burgers and meat loaves.

• Choose grass-fed beef or bison. They are leaner.

• Use sliced roast beef as one layer in a sandwich instead of a steak sandwich.

Humans are omnivores, which means we can choose our food from a variety of sources for a variety of reasons. Keeping your choices in balance beats beating yourself up over something you love.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves four. COURTESY THERESA ALBERT

THERESA
ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Combine two family faves in a casserole and there will be no complaints at the dinner table. Flank steak is a flavourful cut and takes minutes to cook.

1. Place steak on counter to bring to room temperature.

2. Bring pot of water to a boil, add a pinch of salt for pasta.

3. Meanwhile, mix herbs, sea salt and hot pepper flakes together in a plate along with half the oil. Coat steak in herbs while you heat a cast iron skillet to high heat. Sear steak for 4-5 minutes on both sides.

4. Add pasta to boiling water and boil to cook through, drain.

5. Remove steak and set aside.

6. Add onions to steak pan, cook for 3-5 minutes, add tomatoes and a little pasta water to deglaze the pan.

7. Add cream cheese to pasta pot to melt and stir in pasta.

8. Butter casserole dish and add pasta to it. Top with onions and tomatoes, salsa, cheese. Slice meat thinly across grain and set atop dish. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST.**

Ingredients

- 1 lb flank steak
- 1 tsp each thyme and oregano
- 1 pinch each sea salt and hot pepper flakes
- 1 tbsp grapeseed oil
- 1 1/2 cups elbow whole wheat pasta
- 2 onions
- 3 plum tomatoes
- 1/2 cup cream cheese
- 1/4 cup salsa
- 1/4 cup grated cheese

Beefing up your mole

1. Heat the oven to 350 F.

2. Spread butter over cut sides of both halves of the baguettes. Set the baguettes cut side up in the oven to warm.

3. Meanwhile, heat the oil in a medium saucepan over medium-high. Add the beef and sear for 2 to 3 minutes per side. Set aside off the heat.

4. In a blender combine the almond butter, tomatoes, garlic, shallot, cocoa powder, cinnamon, black pepper, pepper flakes, cloves and water. Purée until smooth, then add to the beef. Bring the beef and sauce to a simmer over medium heat. Cook, uncovered and stirring occasionally, for 10 minutes.

5. Season the beef with salt and hot sauce, then divide it between serving plates. Top with scallions. Accompany with the warmed baguette.

THE ASSOCIATED PRESS

Ingredients

- 12-inch baguette, halved lengthwise
- 4 tbsp(1/2 stick) butter, softened
- 1 tbsp olive oil
- 3/4 lb beef sirloin tips, cut into 1-inch chunks
- 1/4 cup almond butter
- 1/4 cup canned crushed tomatoes
- 2 cloves garlic
- 1/2 shallot
- 1 tsp cocoa powder
- 1/4 tsp each cinnamon, ground black pepper, red pepper flakes
- Pinch ground cloves
- 1/2 cup water
- Salt
- Hot sauce, to taste
- 1 scallion, white and green parts, chopped

This recipe serves three. MATTHEW MEAD/THE ASSOCIATED PRESS

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997,* Notice is hereby given that 101130923 Saskatchewan Ltd. has applied to the Liquor and Gaming Authority for a Restaurant Permit to sell alcohol in premises known as Fatburger at 100 3435 Quance Street, Regina, SK.
of which the following is a correct legal description:

Lot: 34
Block: 115
Plan No.98RA28988
Ext 1 Surface Parcel 161976516
100 3435 Quance Street,
City of Regina, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

Renauld Williams of the Saskatchewan Roughriders has retired from the CFL and will join the team's football operations staff. TOM SZCZERBOWSKI/GETTY IMAGES

Riders LB swaps his jersey for a suit

CFL. Renauld Williams announces retirement after two All-Star nods, two Grey Cups

Saskatchewan linebacker Renauld Williams has retired from the CFL and has joined the Roughriders' football operations staff.

Williams entered the CFL in 2007 when he signed with the Roughriders as a free agent. He spent three seasons with the Riders before signing with the Pittsburgh Steelers for 2010.

Williams spent the 2011 and 2012 seasons with the Hamilton Tiger-Cats before re-signing with the Riders in 2013.

Williams started the first ten games at middle linebacker in 2013, registering 42 tackles, seven sacks and four special teams tackles. He suffered a season-ending knee injury Sept. 8 in Winnipeg.

In his six-year CFL career, Williams played in 76 regular season games, registering 326 defensive tackles, 49 special teams tackles and 21 quarterback sacks.

He also played in four post-season games and the 2009 Grey Cup. He was named a 2011 and 2012 East Division All-Star and was a member of two Grey Cup championship teams, winning with Saskatchewan in 2007 and 2013.

Renauld also had stops with the San Francisco 49ers, Miami Dolphins and Cleveland Browns, seeing action in six regular-season NFL games.

Williams will serve as the Roughriders' director of player development and will assist players in adapting to their roles, both on and off the field, while living in the Regina community.

THE CANADIAN PRESS

Also hired

The Roughriders announced earlier Monday that Avon Cobourne has been hired as running backs coach for the 2014 season.

- Cobourne is a two-time Grey Cup champion with Montreal (2009, 2010) and was named 2009 Grey Cup Most Outstanding Player. He is also a three time East Division all-star with Montreal and Hamilton (2008, 2009, 2012).

Suspected DWI

Colts owner released from jail

Indianapolis Colts owner Jim Irsay was released from jail Monday after being held overnight following a traffic stop in which police said he failed sobriety tests and had multiple prescription drugs inside his vehicle.

Irsay was pulled over late Sunday after he was spotted driving slowly near his home in suburban Carmel, stopping in the roadway and failing to use a turn signal.

Police say the 54-year-old Irsay failed several roadside field sobriety tests before he was arrested. THE ASSOCIATED PRESS

NHL

Letang practices 7 weeks after stroke

Kris Letang darted down the Consol Energy Center ice, the defenceman's black hair flicking out from underneath his helmet.

Everything looked in place. The speed. The agility. The slick stickwork.

Yet as polished as Letang appeared during his first workout alongside his teammates in nearly two months on Monday, the 26-year-old remains uncertain when he'll be able to suit up in a game.

Seven weeks after a stroke blindsided him, Letang remains optimistic he will play again this season but too cautious to throw out a date.

"I was on the ice today because I want to return," Letang said. "I'll be able to play again. I don't know when."

THE ASSOCIATED PRESS

Roy embraces media, fans in MTL return

Colorado Avalanche head coach Patrick Roy leads a team practice on Monday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Patrick Roy was all smiles and positive vibrations on Monday on his first visit to Montreal as an NHL head coach.

The Colorado Avalanche coach and former Montreal goaltending great left the Canadiens in controversy in 1996 but made up with the club when they retired his jersey in 2008. He was back again the following year for the team's 100th anniversary celebration.

He expects a warm reception from the fans when the Avalanche play the Canadiens on Tuesday night at the Bell Centre.

Roy recalled that a poll of Montreal fans overwhelmingly picked him to be both coach and general manager of the Canadiens when the team was making changes before the 2012-13 season.

"I think it's going to be great," he said. "Two years before, I was No. 1 for coach and GM. I could have had both jobs if it was voted by the fans.

"I truly appreciate that. It was a great gesture from them to put me on top and it make me feel good with the fans. It was nice to see that the past is way behind us and everybody's moved on."

THE CANADIAN PRESS

Solid debut

Roy will be a candidate for the Jack Adams Trophy as coach of the year in his first NHL season for taking a young Avalanche squad to a 44-19-5 record so far.

Horoscopes

♈ Aries
March 21 - April 20
Put your heart and soul into what you are working on. No matter how much natural talent you may have what makes you stand out from the crowd is your enthusiasm.

♉ Taurus
April 21 - May 21
Someone in a position of authority will ask you to do something for them today and you should agree. You may not be in the mood to work harder but later you will see how much it benefited you.

♊ Gemini
May 22 - June 21
If you get the chance to travel today you must take it. Venus and Uranus combine in such a favourable way that the more you are on the move the more fun you will have.

♋ Cancer
June 22 - July 23
Listen to what your conscience tells you today and ignore anyone who gives you conflicting advice. Too much of what others say is based on fear and ignorance. Listen to your heart.

♌ Leo
July 24 - Aug. 23
Give partners and loved ones room to be themselves. If you try to restrict their movements you will succeed only in making them more rebellious.

♍ Virgo
Aug. 24 - Sept. 23
No matter how irritating certain people may be you must not let them get under your skin. You need to relax and let life happen. The more you try to force things the more others will try to annoy you.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, links nicely with changes planet Uranus over the next 24 hours, which means you must be more adventurous. Both creatively and romantically you should take more chances.

♏ Scorpio
Oct. 24 - Nov. 22
According to the planets you are thinking too much about the past and not nearly enough about the future. Your task today is to switch your attention away from what was and toward what could be.

♐ Sagittarius
Nov. 23 - Dec. 21
If there is something you want to tell the world, something you think it should know, shout about it as loudly as you can. Make sure you get heard.

♑ Capricorn
Dec. 22 - Jan. 20
At some point today you will discover that your money situation is not as bad as you thought it was and that will cheer you up immensely. But it is not an excuse to go on a spree.

♒ Aquarius
Jan. 21 - Feb. 19
Today's link between values planet Venus, currently in your sign, and your ruling planet Uranus will encourage you to believe that life is good and getting better by the minute.

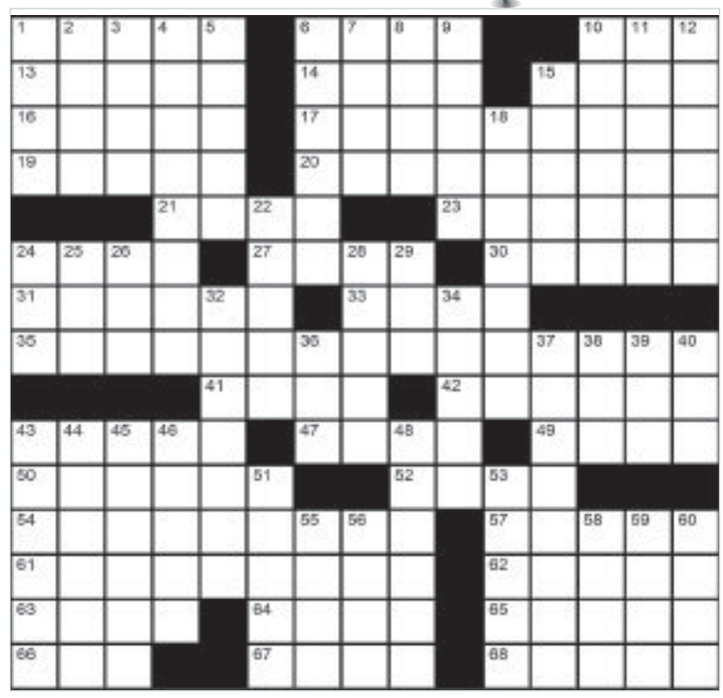
♓ Pisces
Feb. 20 - March 20
If there is someone you have admired from afar but, for one reason or another, have been reluctant to approach, now is the time to let them know that you like them. According to the planets they may well have feelings for you too.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



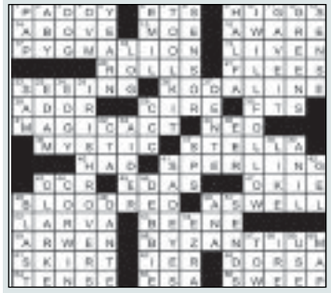
Across

1. __ Falls (High waterfall on Vancouver Island)
6. "Who's the Boss?" role
10. Swimming length
13. Stave off
14. __ __ 6:00am
15. Bona __
16. Hairstyle bangs, sometimes
17. Etobicoke, ON-born star of CTV's "Spun Out": 2 wds.
19. View, Bible-style
20. Bertram Brockhouse's occupation (Canadian who got a Nobel Prize in 1994)
21. '60s concert film, "_._._. Show"
23. Loyal about: 2 wds.
24. __ B'rith
27. Prefix to 'ferous' (Conveying air)
30. German industrial city
31. St. John's born humourist Rick
33. Patron saint of Norway
35. Type of show #17-Across is: 2 wds.
41. Stroll
42. Excused from
43. Marx Brothers, just one
47. Indigo
49. __ Rage (Performance enhancers-user's anger)
50. "Sources told me that...": 2 wds.
52. Drug deal buster, for short
54. North Atlantic overfishing depletes them: 2 wds.
57. Surpass
61. Ruthless
62. __ Pendragon (King Arthur's father)
63. Some, in French: Quelques-__
64. Comic actor Eric
65. Upside-down-triangle sign
66. Celeb couple's caught-by-paps moment
67. Ooze
68. Sir Coward's Place"
15. Concentrate
18. Web browser name
22. "Canada AM" health expert, Dr. __ Shapiro
24. Snazzy-lettered car
25. Prefix to 'classical'
26. Airport screen abbr.
28. __ '_' Roll
29. Island: French
32. Adele's "Rolling in the Deep" co-songwriter, Paul __
34. High-speed Amtrak train
36. Mode's intro: 2 wds.
37. Romeo and Juliet character
38. Music genre
39. Printer resolution meas.
40. Financial rpt.'s 'until now'
43. Small setback
44. Elvis bit: "You ain't nothin but _ __ dog..."
45. Tetley product aka Rooibos: 2 wds.
46. Histories
48. Shoe part
51. Showbiz legend Ms. Day
53. __-Noranda, Quebec
55. Postal __
56. Produce product
58. Bible pronoun
59. Computers name
60. Sequences, for short

Down

1. Stealing birds
2. "A Letter for __" (1946)
3. Shake off
4. Avon product
5. Temple sanctums of ancient Greece
6. Wet earth created 'dessert': 2 wds.
7. Bright fish
8. Old __ (Clothing chain)
9. "This is _ __, this is only..."
10. Water __ (Flowers in Monet paintings)
11. "__ Fideles"
12. '60s series, "__

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4	2				6		
			5	2				3
7					9			5
		5	4		8		3	
	3			7			8	
	9		6		3	7		
3			2					9
8				9	1			
		9				8	6	

Yesterday's Sudoku

3	1	8	6	4	5	9	7	2
2	9	4	3	7	8	1	6	5
6	7	6	2	1	9	8	3	4
6	5	2	1	8	3	7	4	9
9	3	7	6	2	4	8	5	1
4	8	1	7	9	6	6	2	3
1	4	9	8	6	2	3	5	7
7	6	3	4	5	1	2	9	8
8	2	5	9	3	7	4	1	6

Today
0°/-11°
Variable
Wednesday
2°/-5°
Partly cloudy
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
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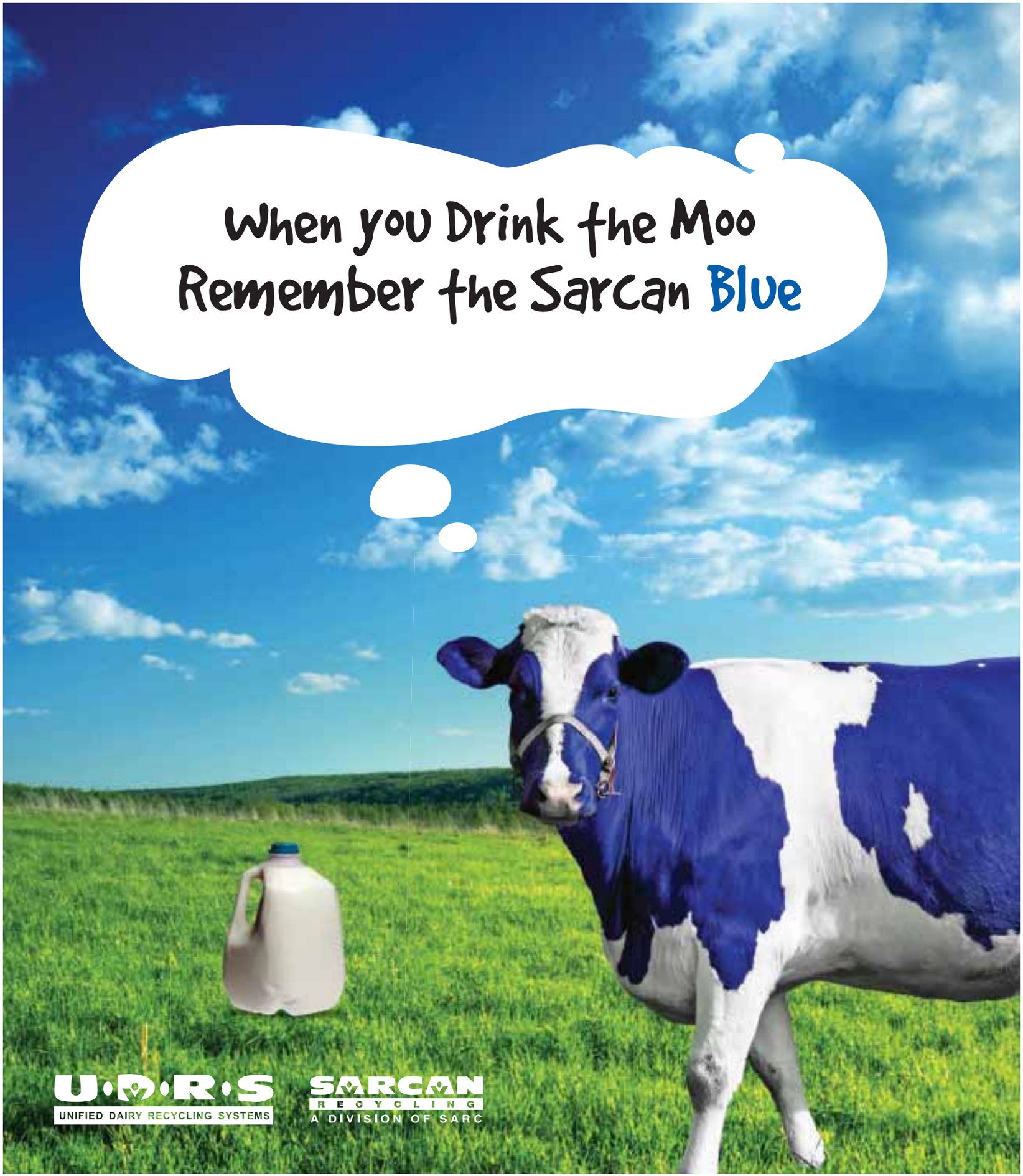
When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC